

MACH METER



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Cannon Air Force Base, N.M.

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IN THE NEWS



Top cops
Page 2



Cleaning up
Page 3



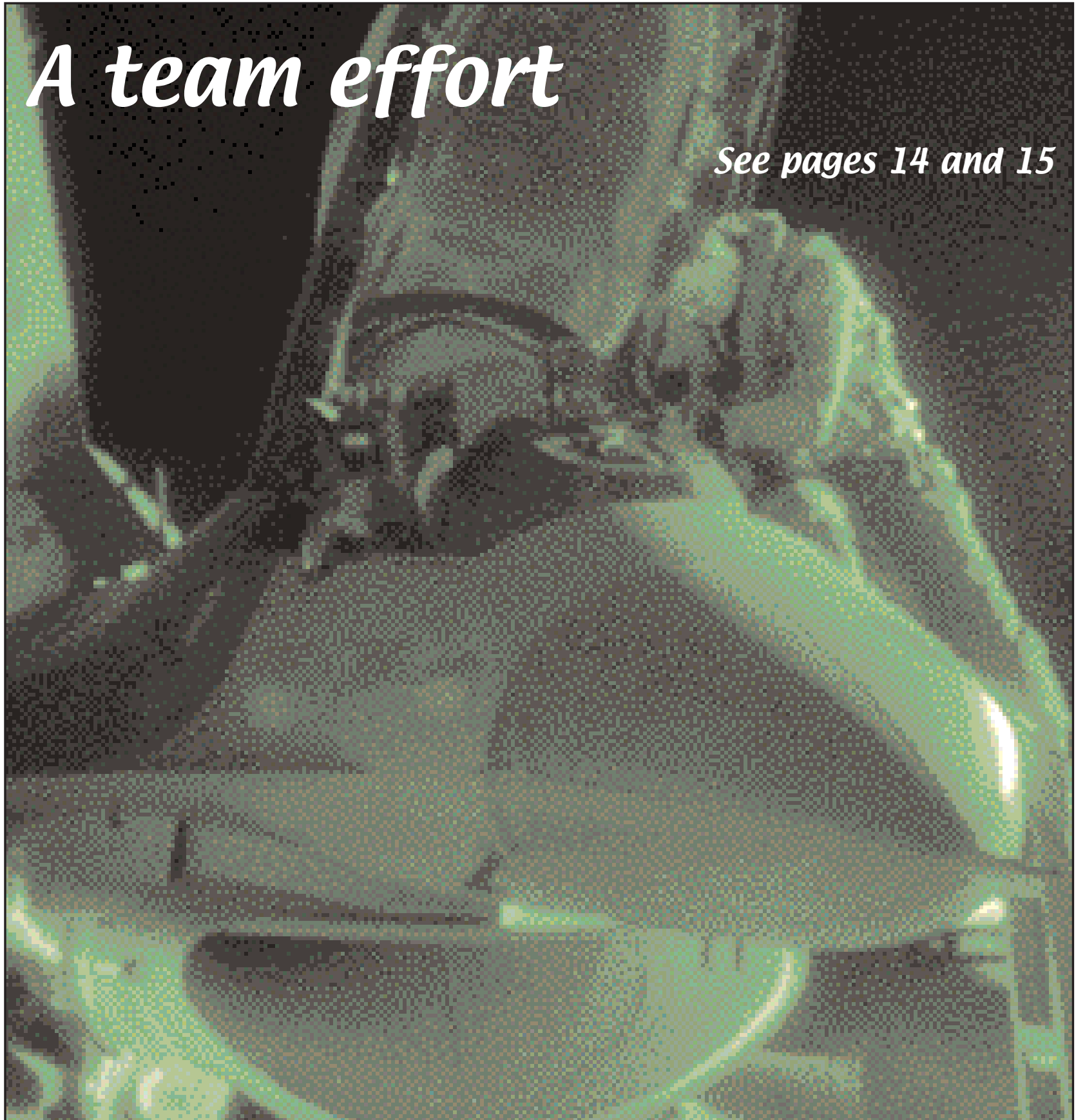
Artistic touch
Page 13



Championship effort
Page 19

A team effort

See pages 14 and 15



"Man's flight through life is sustained by the power of his knowledge," Austin Miller, playwright



NEWS

27th SFS Airmen cop top honors

Story and photo
By. Janet Taylor-Birkey
27th Fighter Wing Public Affairs

Many compete, but few are chosen. And even fewer can be called the best.

But, 1st Lt. Megan Hall and Tech. Sgt. Paul Killgallon, both from the 27th Security Forces Squadron, have earned the right to be called the best.

Winning the Air Force level awards of Outstanding Security Forces Company Grade Officer of the Year and Outstanding Security Forces Flight Level Noncommissioned Officer of the Year, respectively, they were initially "nominated amongst all the 27th Security Forces Squadron ... to compete for the annual outstanding security forces level awards," said Chief Master Sgt. Jeffrey Howard, 27th SFS.

Many compete, but only a few are chosen, said Chief Howard. "It is truly the very best of the very best. The award is extremely competitive."

Competing internally in their squadron, Lieutenant Hall and Sergeant Killgallon then competed at the Air Combat Command level, followed by the Air Force level. The two will be recognized at the Worldwide Conference for Security Forces at Lackland Air Force Base, Texas, in April.

Nominated by their supervisors, Airmen are graded on the three primary categories of duty accomplishments, work in military and civilian community activities and self-improvement efforts that are career oriented.

"This is definitely a boost in their career. A milestone to launch them forward. This has given them that bit of credibility to be picked amongst their peers," said Chief Howard, alone.



1st Lt. Megan Hall and Tech. Sgt. Paul Killgallon, 27th Security Forces Squadron, were Air Force Level Award winners. Both will travel to Lackland Air Force Base, Texas in April to receive their awards.

Both Airmen deployed to Baghdad, Iraq last year, but that alone did not win them the award. "It's not that you deploy, that won't win you anything, but it's what you do when you do deploy. It has to be substantial enough to be recognized above your peers," said Chief Howard.

To rise to the top means hard work. "One thing I tell our folks is hit the ground running and determine right away what ... you can improve permanently for that base," said Maj. Jeremy Novak, 27th Security Forces Squadron Commander.

Those improvements may mean facilitating new barrier

plans, reinforcing a facility or moving thousands of Iraqi prisoners. "They worked closer with the military police company [in Baghdad] than folks have before and established a permanent relationship that is still going on for folks who deploy there," said Chief Howard.

Both Chief Howard and Major Novak hold their Airmen up as examples. Citing three winnings out of nine categories, with two of those at the AF level, "No other base can hold those statistics in recent memory," said Chief Howard. "No other base won as much as we did in individual awards this year."



PHOTO BY STAFF SGT. APRIL WICKES

Let the giving begin

Col. Scott West, 27th Fighter Wing commander, makes his contribution to the Air Force Assistance Fund March 9 as his wife Jane looks on. The AFAF campaign continues through April 21. This year's theme is "Commitment to Caring." For more information, call 784-4132 or 784-6597.

AF community survey assessment called crucial

27th Fighter Wing Public Affairs Office

Airmen, spouses, reservists and reserve spouses at Cannon and Air Force bases worldwide will be randomly selected to participate in the 2006 Community Assessment Survey.

A letter that includes a link to the Web-based survey will be sent to the work e-mail address of each active duty member selected. Spouses will be mailed a letter with the Web link,

Participation is crucial to the success of the project and selected service members are strongly urged to take part, said Ms. Cynthia Friday-Allison, Family Support Center director.

For more information, call 748-4228.

On the Cover:

A 523rd Fighter Squadron pilot makes final preparations before beginning a 30-day deployment. For more photos on the team effort it takes when a unit deploys, see pages 14 and 15.

PHOTO BY STAFF SGT. APRIL WICKES



NEWS FEATURE

Cannon engineers walk the trash talk for award

Cannon wins 'green' honors for fifth straight year

Story and photos

By Janet Taylor-Birkey

27th Fighter Wing Public Affairs

The men and women working at the 27th Civil Engineer Squadron like talking trash.

After all, talking about trash, along with doing their best to get rid of it, has garnered this squadron and Cannon the impressive Green Zia award for the past five years. This meant diverting more than 7,000 tons of recyclable or reusable materials away from the local, municipal landfill according to a study

written for the New Mexico Green Zia competition.

Diverting the materials brought about a 65 percent diversion rate, while the goal is 40 percent. Exceeding diversion goals resulted in Cannon being the first federal installation to achieve the Green Zia Excellence award in New Mexico, outranking Holloman and Kirtland Air Force Bases.

The high ranking is due to what Jake Madril, 27th Civil Engineer Squadron, calls the three r's; reduce, reuse and recycle, which are key to prevent-

ing pollution and managing waste.

Reducing endeavors at Cannon includes learning new ways to deal with existing materials. This often turns reducing efforts into making money instead of paying, as in the case with oily rags, which are now cleaned and reused rather than paying to have them taken away.

In reusing efforts, Cannon partners with the Clovis Regional Landfill to divert yard waste consisting of grass clippings, leaves, shrubs and tree limbs from the base. The city grinds it into mulch and uses what it can. Curry County and Cannon residents may pick up free mulch from the landfill for personal use.

Along with natural materials such as yard waste, Cannon's waste water is also reusable. Using standardized tests to ensure water safety, the water is used on the golf course helping the greens stay green.

Reducing and reusing are followed by recycling. Recycling brings a unique joy to the 27th CES when they are able to help others, such as Habitat for Humanity, through their effort and foresight.

When buildings on base are demolished, the building and its contents become the property of the contractor, but Cannon does not miss this opportunity to make things better for others. Every building demolition contract states that usable plumbing, lighting and fixtures will be donated to Habitat for Humanity.

Reducing, reusing and recycling furthers taxpayers money and allows Cannon the ability to purchase more jet fuel, furthering its flying mission. "[Saving money through recycling] gives [pilots] more time to stay in the air. That's more money available for fuel for the jets to fly," said Mr. Timmons.

Contracting with Chenega Management, Cannon has been a leader in pursuing innovative technologies and purchasing equipment such as a centrifuge to clean and recycle oily rags, previously considered hazardous



Jake Madril, 27th Civil Engineer Squadron, explains how oily rags are run through a centrifuge. The oil is sold and the rag is reused, saving Cannon money and reducing pollution.

waste. Now instead of paying to get rid of the rags, Cannon makes money by selling the oil extracted from the rags and recycle the rags by returning them to the customer.

Modern technology such as this, coupled with awareness, means better recycling abilities. These abilities put Cannon on the cutting edge of base recycling efforts and have profited Cannon more than \$55,000 in 2005, said Rick Doll, Chenega Management site manager.

"Everyone talks about recycling and thinks it will just save space, but they don't realize the economic impact you get from it," said Dennis Timmons, Chief of the Environmental Flight.

While the efforts are noteworthy, CES said they are not the only ones responsible for the recy-

cling program and changes at Cannon. "We're the promoters, but the real people who help us reach those numbers are the base populace," said Mr. Madril.

"There is still room for improvement. We try to educate people, but we can still find plastic bottles and aluminum cans in people's trash," said Gene Smith, Earth Day Celebration Sponsor.

CES stresses there are very few reasons not to join the recycling efforts at the base. "We are making it as convenient as possible. We've got dumpsters by the hospital parking lot and bins in every building on base," said Mr. Timmons.

"That's the key; the easier you make it, the better chance you have for [squadrons] to stay in compliance," said Mr. Doll.



Patrick Lucero sweeps milk containers that will be baled and sold. Cannon's recycling center handled nearly 30,000 pounds of recyclable, household trash in February.



COURTESY PHOTO

Pet of the Week

Pearl is a five-month-old Australian Shepherd, very sweet and full of fun. Anyone interested in adopting her or any other needy animal should call the Family Support Center at 784-4228.



COMMENTARIES

Setting the example is a standard for all Airmen

By Master Sgt. Brian Rogers
27th Medical Group First Sergeant

Do you set the example or are you the one waiting until the very last moment to join the rest of the Air Force? The Air Force changes constantly and everyone is responsible to be aware of new policies and procedures. If you don't grasp the changes you will find yourself doing twice the work or being confronted for not meeting the new policies or instructions.

The old saying, "I have not been told," is ... well, OLD. Honestly, the Air Force does a great job in sending out messages to inform the chain of command and the chain follows suit to pass it to every Airman in the Air Force. E-mail has made the information flow easier since the days of read files everyone had to initial.

Accepting change and leading by example is our inherent duty to ensure compliance and to work together as a team. If one team is not following

directions then Airmen will get hurt or our supporters, American citizens will lose confidence in us.

Supervisors in the trenches with our junior Airmen also have a responsibility to step up and lead the way. Be the first one on duty. Train troops to replace you. Ensure all personnel are mission ready 100 percent of the time. Invest in their careers because they are a reflection of you.

Do not let mediocrity be your standard. If you set stan-

dards high for yourself and your troops ensuring everyone lives up to the standard, you will be rewarded personally and institutionally.

Start today and ask yourself. Are my BDUs faded? Do I complain to subordinates when it's time to work a 12-hour shift or the mission calls for a Saturday duty day? How can I set the example?

Those not in direct leadership positions also have the ability to set the example. Encouraging, improving, and/or

correcting peers paves the way for professionalism and pride. Looking out for each other and encouraging success makes you a friend and a leader.

Having integrity, service before self and excellence in all we do are instrumental to the success of our mission and cements our freedoms as Americans.

Regardless of our rank or position, we all have the opportunity to set a good example. Doing so will ensure our continued success.

Balancing your Air Force family life is a matter of fitting it all in

By Maj. Lisa McColgan
5th Services Squadron commander

As a working parent, I am sometimes asked how I "fit it all in."

I don't think about it often, but when I do, I realize that creating balance in my life is the most important decision I make every day.

We weight the advantages and disadvantages, make a decision and then stick to it. Our attitude then determines the success of those decisions.

Being a commander, wife, mother and friend means there are never enough hours in the day. It's not easy balancing work, home, church and social demands, but with a positive attitude and teamwork we can fit it all in.

It's important to prioritize everyday. You'll never be able to do everything. Letting go of

daily routines can prove difficult but you get to choose what things must be done each day. I can't reschedule my son's hockey or basketball games, but I can review staff packages later in the evening or the next day. Each of us has to decide how to use our time as wisely as possible and make the most of it.

Some days the mission must come first, and the basketball game can get recorded. Each of us must decide how to use our time as wisely as possible and make the most of it.

Simple things such as a goodnight story or listening to how a spouse's day went are often the most important activity of all. To have balance in life, it's important to remember that. I often get distracted by the e-mail awaiting my attention, but I try to

remind myself to strike a balance and head home to my family.

Keep a positive attitude. Some days are easier than others — that's life. But even on the tough days a positive attitude and a smile helps you get through them.

In services we train on customer service techniques — smiles and friendly greetings are two of the basics. Remember that when you're scrambling from one meeting to the next, and your inbox is piling up, and you have to get to your physical health assessment on time.

We've all been there and felt that stress, but the attitude we take to fit it all in makes the difference.

Communicate so everyone understands. It's amazing how understanding everyone is if

you just explain why and what you're doing. Even children have a better attitude if you explain why you've got to stay at the office and that you'll do something special with them at a later time. Just make sure you stick to that later date.

My work team is very understanding when I explain that I have to run out for a parent-teacher conference, but that I'll get their package to them by the end of the day.

Remember that you always have someone to rely on whether it's your personal family or your Air Force family. Learn to ask for help when you need it. It's all about teamwork, whether at home or at work.

Either your Air Force family or your home family will help if you simply ask. When you notice someone struggling

at work, ask if you can help with a project or perhaps watch their children for an hour so they can fit in a workout to relieve stress.

You may not always feel in control but consciously thinking about how to manage the details will help you manage the balance between work and home. Make sure you challenge yourself not to get too overwhelmed by work and miss out on family life or feel too tired to enjoy a social life.

Work smart and play smart. You can make sure you fit them all in by working your priorities.

And remember to schedule in at least one full week of leave during the calendar year. We all need a break to refresh ourselves. That'll keep you one step ahead of the game, most of the time.

MACH METER

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27fwmachmeter@cannon.af.mil.

All submissions will be considered for publication based on news value and timeliness.

Every article and photograph will be edited for accuracy, clarity and brevity, conformance with the Associated Press Stylebook and Libel Manual and with Air Force Instruction 35-101. Coverage of upcoming events should be arranged in advance by calling the Public Affairs office at 784-4131.

If you have a suggestion you would like to make, or a kudo you'd like to give, call the **ACTION LINE at 784-2722** — If you have a problem you need resolved, call the responsible agency first so they can provide better service to everyone promptly.

Deadline for submitting articles is noon Friday the week prior to publication. Deadline for free classified advertisements is noon, the Tuesday prior to publication.

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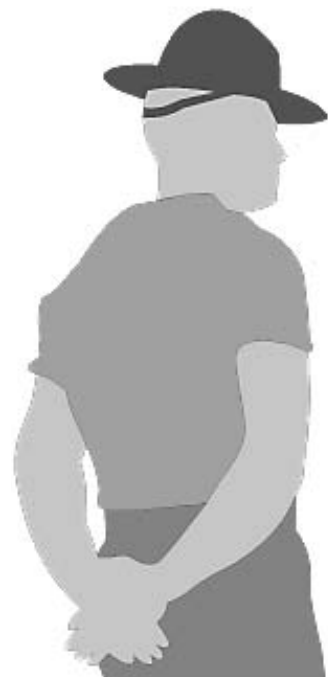
This week's
Viper Wingman is



Senior Airman
Robert Pulley

Airman Pulley, 27th Aircraft Maintenance Squadron, performs superbly in an supervisory position and serves as a role model and mentor for the two Airmen who work directly for him, according to his first sergeant, Master Sgt. Vincent Phillips.

The Viper Wingman showcases outstanding work ethic and accomplishments of exemplary Airmen with the highest standards of personal performance. To nominate a Viper Wingman, notify your first sergeant.



Sgt. Afi's 36-2903
Tip of the Week

Mustaches will not extend downward beyond the lip line of the upper lip or extend sideways beyond a vertical line drawn upward from a corner of the mouth. This does not apply to Airmen with shaving waivers.

This week's
Viper Volunteer is



Tech. Sgt.
Brian Sapp

Sergeant Sapp, 27th Mission Support Squadron, actively works with Portales Boy Scout Troop 404, the Portales Girl Scouts and is president of the Roosevelt Country Little Wranglers Junior Rodeo Association. He is a volunteer first aid instructor for the Red Cross and American heart Association.

PHOTOS BY AIRMAN 1ST CLASS HEATHER SALAZAR

The Viper Volunteer highlights the spirit of volunteerism and extraordinary contributions to the Cannon community. To nominate a Viper Volunteer, call Ellen Saccoia-Smith at 784-4228.



FEATURE

Looking back

WAC veteran joins, serves after brother is captured

By Gerald Sonnenberg

Air Force Communications Agency
Public Affairs

Their service to the nation during World War II is represented by images like “Rosie the Riveter.” However, American women did much more than fill in for the millions of men in the armed services.

More than 350,000 women were volunteers who served in uniform. Viola Smith, a recreational director from Grant, Fla., was one of those volunteers.

At age 24, she enlisted in the Women’s Army Auxiliary Corps in 1944. Her brother was a welder and one of the 1,150 civilian contractors captured on Wake Island when it was taken by the Japanese in 1941 after a 15-day siege. She enlisted because of him.

“I didn’t hear from him, and I wanted to do something to bring him home,” Ms. Smith said. “I wanted to join something that went overseas.”

She joined the Women’s Army Auxiliary Corps, or WAAC, which later became known as Women’s Army Corps, or WAC. Her desire was to be a first sergeant. Instead, “Smitty,” as she came to be called, was commissioned a second lieutenant and became the company commander of dozens of young women. Soon, 500 WAACs and 18,000 men were crammed onboard the refitted troopship RMS Queen Elizabeth sailing out of New York and headed for Europe.

“We were chased by German submarines, and we weren’t told where we were going. To conserve fresh water, we washed with salt water and I bunked with the four other women officers in a former bathroom. I was on the bottom, underneath four hammocks,” she said.

Without an escort, the ship



PHOTO BY BEN SONNENBERG

Mrs. Viola “Smitty” McClelland recalled her service during World War II during a military reunion in Overland, Kan., in September 2005.

relied on its speed to protect its human cargo. When the ship arrived about a week later in Scotland, on June 6, 1944, they received the news that the invasion of Europe had begun.

Thirty of the women, including Smitty, were assigned to the 5th Army Airways Communications System based in London. The unit provided communications and air traffic control for the 8th Air Force.

As the “C.O.,” Smitty said her first job was to find the WACs a place to live. “I found them a place on Harley Street, which was on ‘doctor’s row,’” she said. “All the girls were independent 21-year-olds, so I didn’t have to worry about them too much.”

Smitty said their first weekend in London was spent with their “heads under their pillows” as “buzz bombs,” or German V1 rockets, flew overhead. Some time later, one of these bombs exploded in



COURTESY PHOTO

Capt. Viola “Smitty” McClelland (front row, second from left) poses with a group of the Women’s Army Corps unit she led during World War II.

London’s Hyde Park sending shards of glass flying and two of her troops to the hospital. The two were later awarded with Purple Heart medals.

Smitty organized the women into a 5th Army Air Corps company performing teletype operations, and working as drivers and administrative specialists six days a week. Smitty used a razor blade to censor mail dealing with sensitive military issues that soldiers wrote home about. They worked long hours while in London, seemingly dodging the German rockets more often as the allies pressed their advantage across the English Channel.

Many GIs found love in England, as did Smitty. Capt. Dewey McClelland was a pilot, and their romance resulted in a wedding. Captain Dewey wore his uniform and Smitty wore a dress from the Red Cross that she had to turn in afterward for another bride to wear. Her shoes were handmade by another soldier, and the members of her company saved their ration cards for three months so the couple could have a cake.

After V-E day in May 1945, Smitty and other WACs helped set up a headquarters in Wiesbaden, Germany, before heading home on a B-17 Flying Fortress in the fall. Her

Capt. Viola McClelland

“We were chased by German submarines and we weren’t told where we were going. To conserve fresh water, we washed with salt water.”

— Women’s Army Corps
company commander

husband was the pilot but her homecoming was bittersweet.

“I found out after the war that my brother never left Wake [Island],” she said. “He was one of 98 civilian prisoners gunned down by the Japanese in October 1943.”

Back in the United States, Capt. Smitty McClelland joined the Reserves and was later recalled to duty. She also followed her husband where his active duty assignments took them, and they raised a family. The family eventually settled in Midwest City, Okla. Her husband retired from the Air Force after 28 years of service, went on to teach high school, and served as the newsletter editor, historian and amateur

radio coordinator for their World War II unit’s alumni association. He died in 1998.

Still vibrant in her 80s, Smitty takes on a more serious tone when she talks about the pride she feels in having served her country.

“Serving my country as a volunteer during World War II was a big achievement for me,” she said. “We all had a job to do and stayed with it until it was over — mission accomplished.”

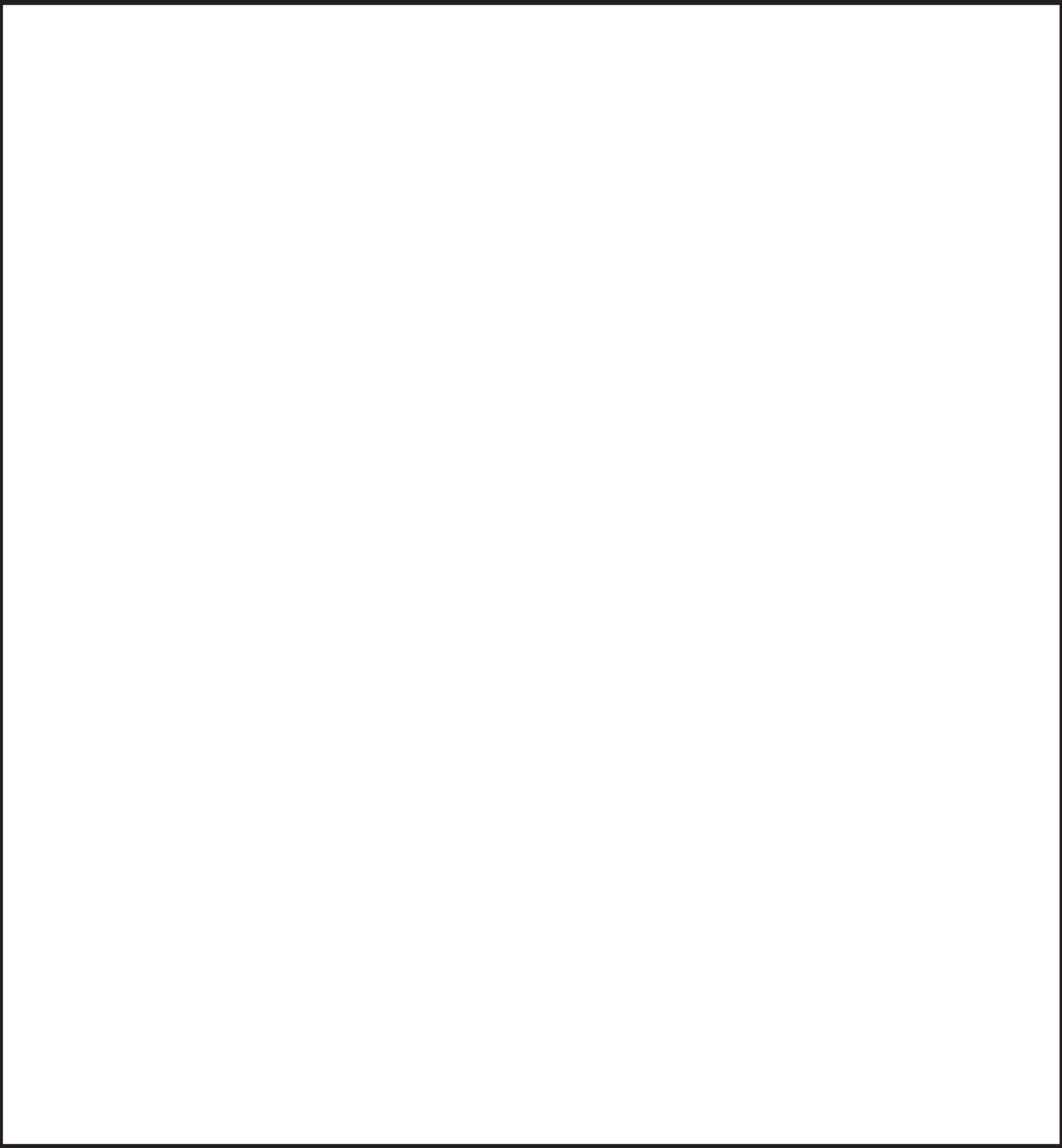
A brief history

27th Fighter Wing
Public Affairs

March is Women’s History Month and is dedicated to promoting awareness of the contributions women in America have made.

It was first celebrated in 1978 in California, Congress established a National Women’s History Week in 1987 and expanded it to a month in 1987.

This year’s theme — *Women: Builders of Communities and Dreams* — honors the spirit of possibility and hope set in motion by generations of American women.







FEATURES

What's in a name?

Generics provide same quality, cost up to 60 percent less

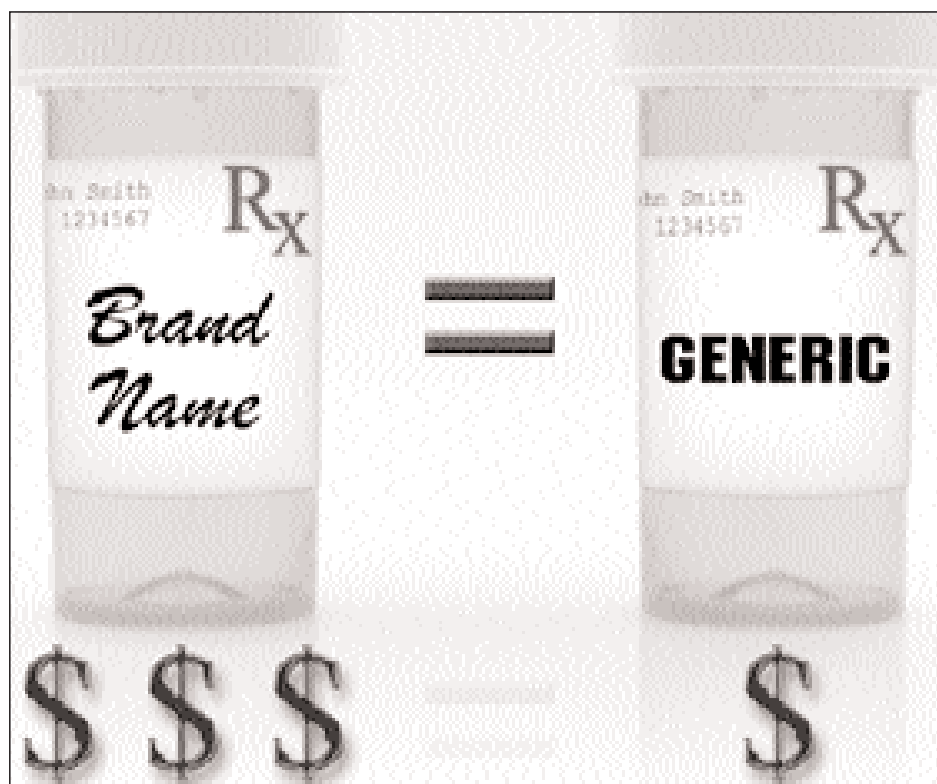
By Mr. Mark Jecker
TriWest Healthcare Alliance

Parents want the best medicine for their children, but there's confusion when it comes to the differences between brand name and generic drugs, and the false perception is that generic brand aren't as good.

The U. S. Food and Drug Administration requires generic drugs have the same chemical composition and potency and affect the body in the same way as their brand-name counterparts. Only inactive ingredients that determine the drug's shape, color and size are allowed to differ from those of the brand-name version.

According to the U. S. Food and Drug Administration's Office of Generic Drugs, approximately 42 percent of brand-name drugs currently have generic equivalents. Because those generics can cost from 40 to 60 percent less than the brand-name drugs, the savings is passed along to the beneficiary as a lower copayment and to the taxpayer in the lower purchase price for the generics.

Every shopper wants to get the most value for his or her money, and the Department of Defense policy



COURTESY ILLUSTRATION

Generic drugs must have the same chemical composition and potency and affect the body in the same way as their brand-name counterparts.

requiring generic drugs for filling TriCare prescriptions saves TriCare beneficiaries money, both as consumers and taxpayers.

TriCare's three-tiered drug policy requires that generic equivalents (tier One) be automatically substituted for brand-name medications (tier two). Exceptions to this policy are made only if no generic equivalent is available or if the prescribing physician documents a medical necessity for the brand-name medication.

When the prescription is filled at a TriCare network pharmacy, the copayment for up to a 30-day supply of a generic drug is only \$3. For a medically necessary brand-name drug, the copayment is \$9 for up to a 30-day supply.

If prescriptions are refilled through the TriCare Mail Order Pharmacy (TMOP), the same \$3 and \$9 copayments can be paid for up to a 90-day supply of generic or medically necessary brand-name medications.

As always, TriCare beneficiaries may fill their prescriptions at a military treatment facility pharmacy at no charge if the requested medications are available.

If a beneficiary insists on having a prescription filled with a brand-name drug that is not considered medically necessary, and a generic counterpart for that drug is available,

he or she will be responsible for paying the entire cost of the prescription out of pocket. However, if medical necessity is established for a non-formulary drug, patients may qualify for the \$9 copayment for up to a 30-day supply at a TriCare network pharmacy or a 90-day from carrying non formulary medications.

Find more information about TriCare pharmacy benefits at www.tricare.osd.mil/pharmacy or www.triwest.com, or call (8660-363-8677).

Focusing on TriCare's eye and vision benefits

By Mr. Mark Jecker
TriWest Healthcare Alliance

No matter how well service members test on the annual eye exam, it's easy to be a little unclear about vision care, and reading every policy governing TriCare's eye and vision benefits can make a person cross-eyed.

But here's a looking glass into the policies that won't leave anyone red-eyed.

TriCare Standard, Extra and Prime active duty family members are eligible for one routine eye exam per year.

Prescription eyeglasses or contact lenses are not a covered TriCare benefit, except under very limited circumstances, such as corneal

lens removal or treatment of infantile glaucoma.

All Prime enrollees are eligible for the enhanced wellness benefit, which includes an eye examination every two years and does not require a co-payment.

Eye examinations must be performed by a TriCare network optometrist or ophthalmologist to be covered. No referral is needed when seeking care from a TriCare network provider.

Eye health of children up to age 6 is evaluated by their health care practitioners as part of the well-child benefit.

The provider performs periodic eye and vision screenings for the child. (Newborn screening is covered under the mother's

maternity benefit.)

Children between ages 3 and 6 are covered for two comprehensive eye examinations, which include screening for two common childhood disorders: amblyopia and strabismus — commonly referred to as "lazy eye".

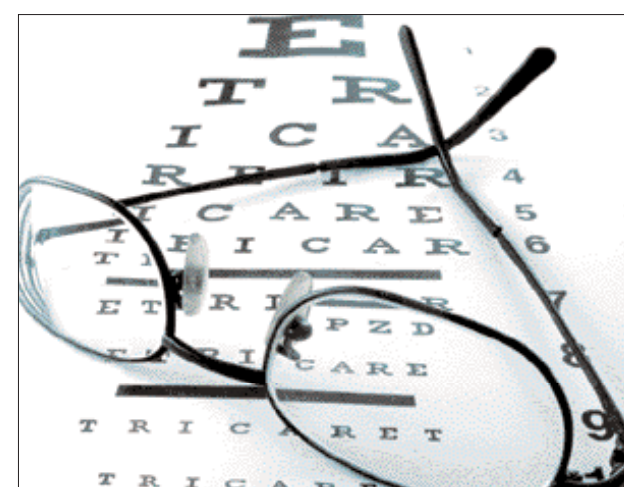
All TriCare-eligible beneficiaries are covered for medically necessary eye examinations provided in connection with the medical/surgical treatment of a TriCare-covered illness or injury.

All beneficiaries also are covered for screens for any pathology, including refractive error. Standard or Extra beneficiaries are responsible for the appropriate cost-share and deductible for these services. Those using TriCare

Prime require a referral for medically necessary eye examinations.

Retired service members and their families have no routine eye benefits under TriCare Standard or Extra.

Diabetic TriCare beneficiaries of any age are encouraged to have an eye exam every year and are allowed an annual comprehensive eye



COURTESY ILLUSTRATION

TriCare Standard, Extra and Prime active duty family members are eligible for one routine eye exam per year.

examination.

Visit www.triwest.com or www.tricare.osd.mil or call (800) 874-9378 for more information.



LOCAL NOTES



FILE PHOTO

Kite Karnival Kountdown

Cannon's 3rd annual Kite Karnival will be from 10 a.m. to 4 p.m. April 8 at Doc Stewart Park. There will be kite-making workshops, demonstrations by professional kite flyers along with rides, contests and prizes. For more information, call 784-6381.

Volunteers needed

Volunteers are needed to assist Special Olympic athletes at track and field practice at 5 p.m. Monday at Yucca Junior High School.

To sign up, call the Family Support Center at 784-4228.

Tricare for retirees

Information about TriCare for retirees will be presented from 1 p.m. to 2 p.m. Tuesday at the Family Support Center.

For more information or to register, call the Family Support Center at 784-4228.

Air Force 101

"Air Force 101," a program for spouses, will be at the Family Support Center from 8:30 a.m. to 2:30 p.m. Thursday.

The program focuses on the Air Force and its mission, customs, traditions and resources. Lunch and free childcare will be provided.

For more information, call 784-4228.

Women's luncheon

The Federal Women's Program committee at Cannon will sponsor a brown-bag luncheon beginning at 11:30 a.m. on Thursday at the 27th Logistics Readiness Squadron conference room, Bldg. 300, room 211.

Capt. Lisa Bruno, Cannon military justice chief, will discuss wills and living trusts.

Everyone on base is invited.

Bundles for babies

Expectant parents are invited to attend Bundles for Babies, from 8:30 to 11 a.m. Thursday, at the Family Support Center annex, Bldg. 1803.

Active duty Airmen or spouses of active duty members who attend will receive a gift bundle worth approximately \$75.

For more information, call 784-4228.

Earth Day contest

The 27th Civil Engineer Squadron Environmental Flight is sponsoring a base recycling contest, April 3 to April 15.

Evaluators will judge units' recycling efforts to include availability and use of recycling containers, knowledge of recyclables, and recycling attitudes.

Winners in both the large and small squadron categories will be recognized and awarded prizes.

Individuals interested in volunteers as evaluators should contact Mr. Gene Smith at 784-1096 or e-mail him at gene.smith@cannon.af.mil by March 24.

Space camp

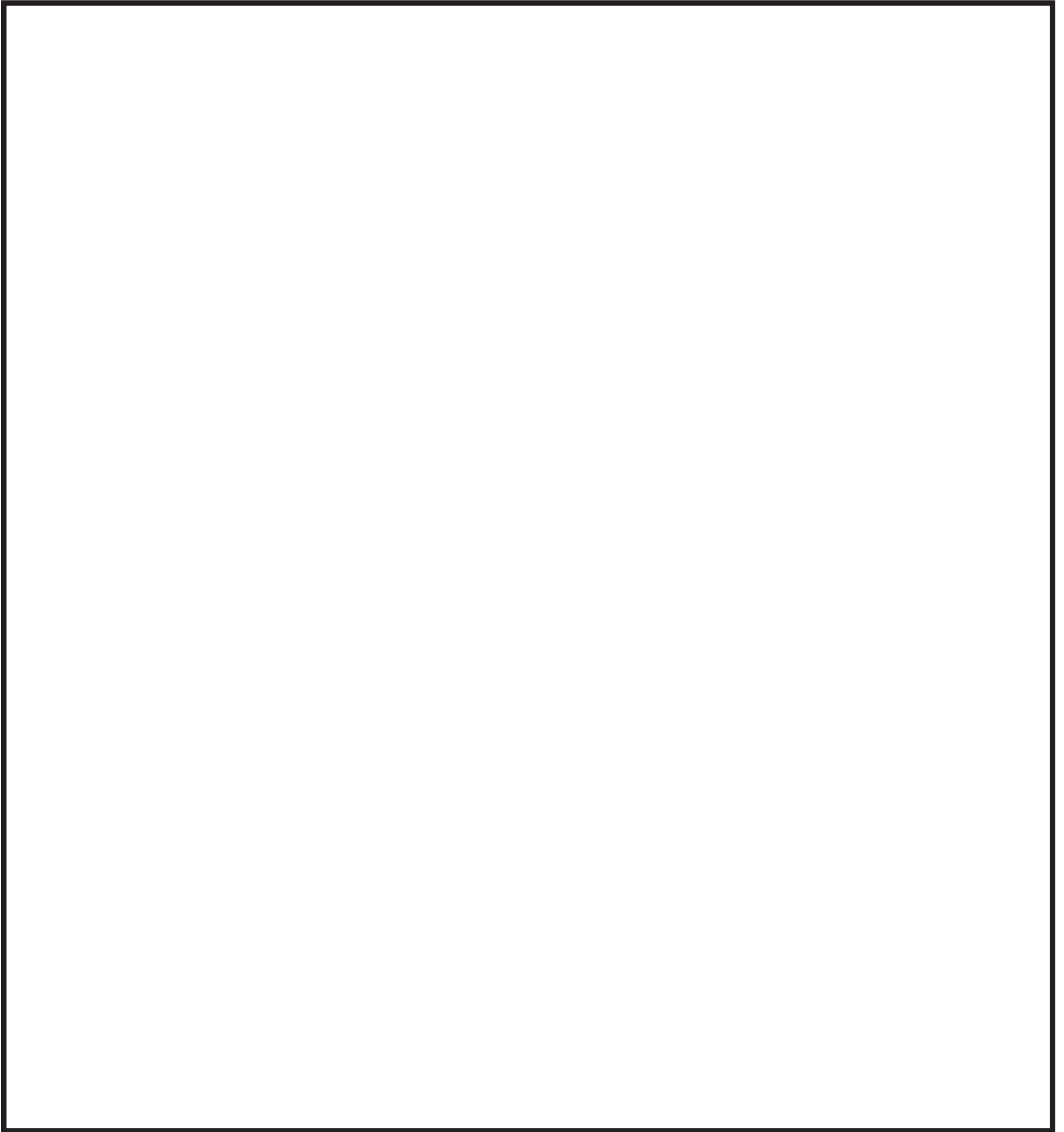
The deadline for applications for the 2006 Bernard Curtis II Memorial Scholarship is April 1. Applications are available at the Family Support Center and the youth center.

The space camp, in Huntsville, Ala., is a five-day program for children in grades six through nine to experience what it takes to be an astronaut. Visit www.militarychild.org/Scholarship.asp for eligibility requirements or call (254) 953-1923.

Free tax service

Cannon Tax Center, located in the Legal Office building, offers free tax preparation.

For an appointment or more information, call 784-7304.





SERVICES

Child Development Centers promote reading across the country

Parents get involved in child's reading

By Kelly Friend

Ranchvale Child Development Center

Read Across America is an annual reading program designed to motivate and gain awareness for reading with children across our country.

Developed by the National Education Association, its intent is to bring the excitement of reading to children of all ages.

March was chosen to acknowledge the birthday of children's book author, Dr. Seuss, which is March 2.

The Cannon Child Development Centers have participated in the Read Across America program since March 2000 and since that time, parents, friends, teachers and special visitors have read as many as 1,100 books during this month to classes.

School classrooms and the CDCs are continuing to compete to see who can increase the number of books read to the children this year.

Also this year, parents and children can expect a special visitor to join them for breakfast at the CDCs. The Cat in the Hat

will visit the Ranchvale CDC on Monday and the Cannon CDC on Tuesday.

Caregivers at the CDCs understand that literacy is an important part of a child's development.

Reading is a major part of each child's day at the CDC, and introduces new ideas, develops reading skills, helps children deal with problems and develops a new love for books.

Books, tapes and writing materials are all great ways to help children learn and are available at the Cannon Library.

Any volunteers?

For more information on the Read Across America program, contact the Cannon CDC at 784-2704.

Anyone interested in volunteering to read to a child's class may contact the Ranchvale CDC at 784-6259 or the Cannon CDC.



Schedule of Services events

Today

Seafood Buffet — 11 a.m. at The Landing
Parent's Advisory Board — noon at The Landing
Yu-Gi-Oh Challenge Plus — 4 p.m. at the Clovis CC*
Steak Special — 5 p.m. at The Landing
St. Patrick's Day Dinner — 5 p.m. at The Landing
St. Patrick's Day Dance — 6 p.m. at the Clovis CC
Entertainment — 9 p.m. at The End Zone
Penny Pincher Daily Lunch Special — \$4 at The Landing

Saturday

Medal Play Tournament — 9 a.m. at WWGC*
5-Station Sport Clay — noon at Trap and Skeet
Beginning Quilting Class — 1 p.m. at the Portales CC
March Madness — 6 p.m. at Cannon Lanes
St. Patrick's Day Bash — 7 p.m. at The End Zone

Sunday

Free Billiards — 3:30 p.m. at The End Zone
Dart League — 6:30 p.m. at The End Zone

Monday

Jr. & Sr. Cheer — 4 p.m. at the Clovis CC
Chess Club — 5 p.m. at the Portales CC
Community Theater — 6:30 p.m. at the Central CC
Red Barn Quilters — 6:30 p.m. at the Portales CC

Tuesday

Oriental Buffet — 11 a.m. at The Landing
Pool Tournament — 4 p.m. at the Portales CC
Country Fried Steak — 5 p.m. at The Landing
Penny Pincher Daily Lunch Special — \$4 at The Landing

Wednesday

Italian Buffet — 11 a.m. at The Landing
Country Fried Steak — 5 p.m. at The Landing
Penny Pincher Daily Lunch Special — \$4 at The Landing

Thursday

Story Time — 10:30 a.m. at the Cannon Library

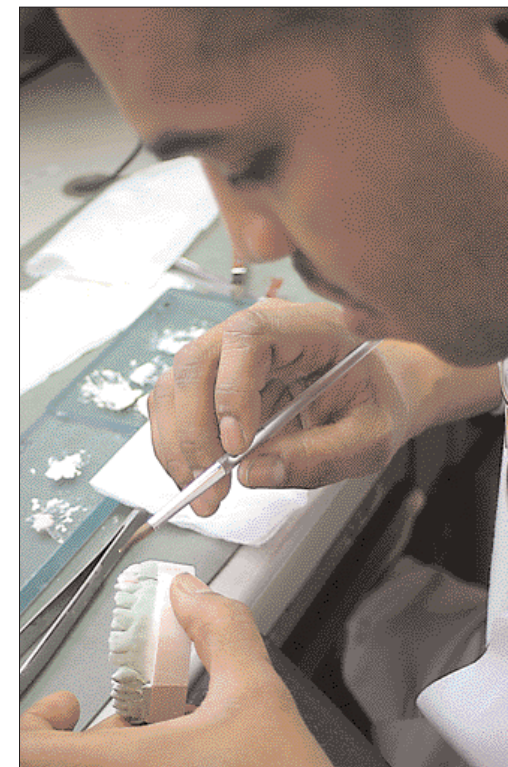
Mexican Buffet — 11 a.m. at The Landing
Tween Torch Club — 4:30 p.m. at the youth center
XBox Challenge — 5 p.m. at the Portales CC
Pasta Bar — 5 p.m. at The Landing
Book Club — 6 p.m. at the Cannon Library
Chess Club Casual Play — 6 p.m. at the Central CC
Teen Keystone Meeting — 6:30 p.m. at the youth center
Penny Pincher Daily Lunch Special — \$4 at The Landing



* CC — Community Center WWGC — Whispering Winds Golf Course CDC — Child Development Center



FEATURE



Left: Tech. Sgt. Richard Reed, 27th Aeromedical Dental Squadron, begins a new work of art as Cannon's only dental laboratory technician. Above: Sergeant Reed uses the tools of his trade to make sure porcelain crowns match a patient's other teeth.

Making a good impression, being a dental lab tech

Story and photos by Janet Taylor-Birkey
27th Fighter Wing Public Affairs

His name is Tech. Sgt. Richard Reed, he works full time at the 27th Aeromedical Dental Squadron, and believes few people on base know he exists.

"People who work in the base clinic don't even know that I exist," he said with a smile, but they like the fact that he's on the job, especially when there's a need for a bridge, crown or mouthpiece.

Spending his day in a lab at the clinic,

Sergeant Reed likens his job to that of an artist or a jeweler. "There's quite a bit of artistry; you can't be colorblind," he said concerning the job that uses paint brushes and wax molds, gas tanks and flames, ovens and melted gold.

Whether mixing porcelain colors or melting gold for a crown, Sergeant Reed loves his job and uses every opportunity to tell others about the career field of a dental laboratory technician. "I can do everything a jeweler can, except set diamonds," said Sergeant Reed.

Talking excitedly about what he does, Sergeant Reed said that anyone who likes doing artistic work would probably enjoy the dental lab tech field. But while many artists want to continue to change their work, Sergeant Reed must find a place to stop. So how does he know when the job is done? "It's one of those things that comes with time and experience," he said.

That time and experience ensures that others look good,

even if they don't realize what he has done for them. "The [popular makeover] shows make people think the dentist does all the crowns and makes them look pretty, but it's the dental lab tech that does that," corrected Sergeant Reed.

Though the job of a dental tech is done behind the scenes, it is not done alone. "It's important the dentist and the lab tech are on the same page. There needs to be a lot of communication between them," said Sergeant Reed. Dentists must prep the tooth with the right dimensions so he can make the tooth properly. "[Lab techs] are only as good as the prep."

While the subject matter, teeth, is always the same and while he doesn't work directly with the patients, Sergeant Reed finds every patient interesting. "Every case is different, even though you are doing the same thing. It's not like some jobs where you work on an assembly line where you do the same thing over and over," he said. "You always, always, have something to do at work."

The Cannon dental lab is authorized two techs, but currently Sergeant Reed works alone. "We have a shortage of dental lab techs right now; this career field is

wide open."

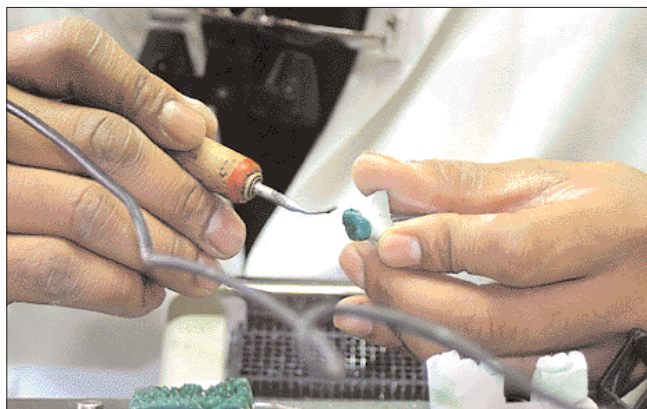
He explained that his field is also rewarding upon separation from the Air Force. Retiring next year after 20 years with the Air Force, Sergeant Reed plans to go into the jewelry business. His education and experience in dental lab technology allows him options upon retirement.

"That's what I tell young Airmen. If you decide to leave the Air Force, have a plan," he said while saying that the Air Force has been good to him and his family.

Sergeant Reed was in the Air Force seven years before deciding to go into the dental lab tech field, and encourages Airmen to explore cross training to another career field if they are not enjoying their current field.

Like many Airmen, he has thought about getting out of the Air Force when it came time to re-enlist, but realizing he still had bills to pay, Sergeant Reed felt staying in was a good way to meet his responsibilities.

Sergeant Reed said his 19 years in the military have gone quickly and he will now have a military retirement and time for a civilian career. "It's been a good way of life."



Sergeant Reed uses heat to wax a dental crown, a preliminary step to make a well-fitting crown.



Center spread



Center spread





Unit Spotlights



Congratulations Cannon major selects

Capt. Edwin Blevins
524th Fighter Squadron

Capt. Thomas Cook
27th Fighter Wing safety office

Capt. Lester Gregory
523rd Fighter Squadron

Capt. James Mansard
523rd Fighter Squadron

Capt. Nathaniel Ott
523rd Fighter Squadron

Capt. Benjamin Wysack
523rd Fighter Squadron

*Congratulations Noncommissioned
Officer Academy Distinguished Graduate*

Tech. Sgt. Daniel Vernooy

372nd Training Squadron Detachment 9

Congratulations Air Force Security Forces winners

1st Lt. Megan Hall
27th Security Forces Squadron

Tech. Sgt. Paul Killgallon
27th Security Forces Squadron

RED CROSS MONTH

In what year was the American Red Cross created?

The correct answer is, 1881. The American Red Cross has been in operation for 125 years.

In 1943 President Franklin Roosevelt signed the first proclamation for American Red Cross Month stating, "I request that during [March] our people rededicate themselves to the splendid aims and activities of the Red Cross."



Chapel Schedule

CATHOLIC

The Sacrament of Reconciliation is at 8:30 a.m. Sundays and 4 to 4:30 p.m. the third Sunday of the month.

Sunday Mass 9:30 a.m. and 5 p.m.
Weekday Mass 12:05 p.m. M,W,F
Religious Education (grades K-6) 10:45 a.m. Sunday
LifeTeen youth ministry (grades 7-12) 6 p.m. Sunday

PROTESTANT

Little Blessings children's class (under four years old) is available during all services and Wednesday ministries.

Sunday Services:

Traditional Service 8 a.m.
Contemporary Service 11 a.m.
Fellowship Noon
Inspirational 12:30 p.m.

Wednesday Services

Prepared meal (small donation requested) 5:30 p.m.
AWANA (Three years old to 6th grade) 6:15 p.m.
CrossFaith (grades 7-12) 6:15 p.m.
Alpha Course (Cyber Café) 6:15 p.m.
Old Fashioned Bible Study 6:15 p.m.

At the Movies

The Cannon Movie Theater is located on the corner of Torch and D.L. Ingram.
Movie prices are \$3.50 for adults, \$1.75 for children and \$1 for all viewers on Thursdays.

Nanny McPhee

7 p.m. today and 4 p.m. Saturday

Description: A new nanny enters the household of the recently widowed Mr. Brown and attempts to tame his seven exceedingly ill-behaved children. The children, led by the oldest boy Simon, have managed to drive away 17 previous nannies and are certain that they will have no trouble with this one. But as Nanny McPhee takes control, they begin to notice that their vile behavior now leads swiftly and magically to rather startling consequences.

Rated: PG (mild thematic elements, rude humor and language)

Running time: 98 minutes

Annapolis

7 p.m. Saturday and 4 p.m. Sunday

Description: A young man from the wrong side of the tracks has his dream come true when he is accepted to the U.S. Naval Academy. But once there he is not sure he measures up against the best and the brightest.

Rated: PG-13 (some violence, sexual content and language)

Running time: 108 minutes

The Matador

7 p.m. Sunday

Description: When a traveling salesman, Danny Wright, accidentally meets up with Julian Noble, a hit man, at a Mexico City bar, their subsequent evening together intertwines their lives in an unexpected, but lasting bond.

Rated: R (strong sexual content and language)

Running time: 97 minutes



LIGHTER SIDE



PHOTO BY ROBBIN CRESSWELL

Culinary Arts

Staff Sgt. Felicia Sanders assists her students as they learn to prepare desserts at the Culinary Arts Training Center, Monday. Sergeant Sanders is a services instructor with the 344th Training Squadron at Lackland Air Force Base, Texas.





SPORTS & HEALTH

Intramural basketball season draws to a close

Story and photos by Airman Thomas Trower

27th Fighter Wing Public Affairs

Nobody said that losers couldn't be winners in the intramural basketball action Monday. OG/OSS previously lost against SFS, 73-72, and MSS/CPTS lost to CES, 50-40, but both teams kept pushing for the championship and MSS came out on top, trumping OG, 51-39.

MSS filled the sideline chairs with enough players to make a league of their own, while OG had one lonely player awaiting play.

This large force allowed MSS to recharge their players at the first sign of distress and gain a 12-point lead at halftime, 26-14.

At halftime, OG was relieved when a new player appeared on the sideline. Rashad Purdie arrived to try and help his team close the gap in the score in the second period.

With a boost in motivation and new game face, OG stalled MSS from taking a larger lead. OG's Jonathan Myers almost doubled the score of every other player on his team with 14 game points. His teammate, John Dillard, followed in his footsteps with eight points of his own.

Their hard work did slow down MSS' Manny Brooks' game by shortening his second-half score to four points versus his 11-point first half. Charles Moon

managed to score a game total of 10 points as well.

MSS had seven players contribute to their 25-point score in the second half and increasing their lead by three points, kicking OG out of the playoffs.

The intramural basketball league has drawn to a close, but intramural indoor soccer and varsity softball are on the horizon. Anyone interested in playing either sport should contact the fitness center at 784-2466.



Above: MSS/CPTS' Rich Mahaney tries to shoot over the outstretched arm of OG/OSS' Adam Aviles to increase the score of his team's 51-36 victory Monday.

Left: James Pinchback takes a break from the basketball action while his team fights to stay in the playoffs.

Celebrating National Nutrition Month, St. Patrick's Day with 'greens'

By Staff Sgt. Alonzo Cromwell,
Cannon Health and Wellness Center

Top of the mornin' to ye!

March is National Nutrition Month, which promotes the importance of healthy eating and good nutrition.

As St. Patrick's Day arrives, people should take a look at putting some "green" in their diet. Not everyone knows the benefits of adding vegetables, the nutritional powerhouses, to their meal plans.

Health professionals have long encouraged putting more antioxidants into meal plans. Antioxidants help slow the degeneration of body cells.

A meal plan high in plant foods can boost the body's efficiency in producing antioxidants.

The foods with the highest amounts of antioxidants are vegetables and fruits that are dark and vivid in color. These bright-colored vegetables raise immunity and energy

levels in the body.

Consider adding these healthy "green" food items to a salad or lunch plate gain the maximum benefit:

- Spinach
- Brussels sprouts
- Peas
- Romaine lettuce
- Green peppers
- Avocados
- Lima beans
- Alfalfa sprouts
- Broccoli
- "Greens" (who can forget that?)

The Cannon Health and Wellness Center (HAWC) is sponsoring a nutrition booth and offering a fun commissary tour from 10 a.m. to 2 p.m. today at the base exchange common area.

For any questions concerning good health, contact the HAWC at 784-1004.

Healthy St. Patrick's Day Recipes

Broccoli Loaf

- | | |
|-------------------------------|-----------------------|
| 2 c. broccoli (frozen) | 1/4 tsp. onion powder |
| 3 egg whites | 1/4 tsp. pepper |
| 4 quartered tomatoes | 1/4 tsp. nutmeg |
| 1 onion, sliced | 1/4 tsp. allspice |
| 1 c. salt free cracker crumbs | |

Cook broccoli according to package directions. Drain broccoli and blend with all ingredients in blender. Bake, uncovered, in 8 1/2 x 8 1/2 inch casserole dish sprayed with non stick spray. Bake 30 minutes in 350° oven. Serves 4

Minestrone

- | | |
|---------------------------------|------------------------|
| 4 c. beef stock | 1 clove garlic, mashed |
| 1 c. shredded cabbage | 1 large onion, sliced |
| 1/2 c. julienne cut green beans | 4 tomatoes, diced |
| 1/2 c. julienne cut celery | 1 Tbsp. parsley |
| 1/2 c. broken macaroni | 1/8 tsp. thyme |
| 1/2 tsp. pepper | |

Boil ingredients, except macaroni, for 45 minutes on low heat. Add macaroni and cook 15 minutes longer. Serve warm in individual soup bowls. Serves 6



SPORTS & HEALTH



PHOTO BY AIRMAN THOMAS TROWER

Indoor Soccer

The Cannon Intramural Indoor Soccer League kicks off soon. Teams and game times have not been finalized. Anyone interested in playing should contact their squadron sports representative or call the fitness center at 784-2466 no later than April 3.

Cannon Lanes

March Madness — Bring the family and bowl from 6 p.m. to midnight Saturday. Price is \$25 per person, 18 and older, or \$35 per couple plus \$12.50 per child under 18. Price includes snacks, unlimited bowling, shoe rental and opportunities to win prizes.

Cosmic Bowling — Enjoy a show of music, lights, and glow-in-the-dark lanes, pins and bowling balls from 9 p.m. to midnight March 25. The cost is \$2.50 per game.

Women's History Month — Receive a free game of bowling for correctly completing a women's history month quiz available at the front desk.

Outdoor recreation

5-Station Sporting Clay — Shoot for \$5 per round or \$4.50 per round with punch card from noon to 6 p.m. Saturday at Trap and Skeet.

Boater Safety Course — Receive a U.S. Coast Guard boaters safety certificate and On-Water Familiarization certification April 22 at Fort Sumner Lake in Fort Sumner, N.M.

This day long trip costs \$20 and is required to rent outdoor recreation powered water crafts.

Price includes transportation, sack lunch and courses. Sign up deadline is April 18.

For more information, call outdoor recreation at 784-2773.

Youth sports

Youth center kickball — Come play kickball from 4:30 to 8 p.m. on Thursday in the youth center gym.

For more information, call the youth center at 784-2747.

Tee Ball and Baseball — The tee ball league is for players ages five to six and baseball league is for players ages seven to nine.

The cost is \$25 and player registration is April 1 through 22. Leagues will begin games on April 29.

There must be enough players for four teams in each league.

For more information, call Mr. Lionel Alston at 784-2485.

Instructional programs — Sign up for cheerleading, dance, yoga and preschool tumble at the youth center.

Classes are Tuesdays and Thursdays and cost \$30 per child.

Whispering Winds

Medal Play Tournament — Play in a two-day golf tournament Saturday and Sunday for \$15. There will be a 9 a.m. shotgun start, flighted by handicaps. Base team qualifications will be conducted in conjunction with this tournament. Entry fee includes lunch on Sunday and closest to pin contest both days.

Aeration and Top Dressing — The greens will be aerated and top dressed March 27 through 31. During this time the greens will be rough and sandy, but the course will remain open for play.

The End Zone

Delivery service — The End Zone offers lunch delivery to a limited area on base from 10:30 a.m. to 1 p.m. Monday through Friday.

To place an order, call 784-2448.



NEWS

Customers need to be alerted of rise in use of fraudulent coupons

By Rick Brink
Defense Commissary Agency

Warnings concerning how you get your Internet coupons are coming from Defense Commissary Agency officials. Along with alerting customers about a recent rise in the use of fraudulent Internet or home-printed coupons, the agency is also taking steps to address the issue.

"Counterfeit coupons are circulating on the Internet through auction services, message boards, e-mails and other means causing millions of dollars in losses to the grocery industry," said Scott Simpson, DeCA's chief operating officer.

The fraudulent coupons presented at commissaries discount products ranging from laundry detergent, air freshener and deli meat to soda, chip and over-the-counter medication.

Commissaries accept Internet or home-printed

coupons provided they meet the requirements of "dot-scan" bars below expiration dates or bar codes with Product Identification Numbers (PINs), and are not for free products.

The Coupon Information Center, a coupon industry watchdog, wants to remind consumers that they must be cautious of the coupons they use.

They also need to be aware that the sale or transfer of coupons is a violation of virtually all manufacturers' coupon redemption policies, according to the .

These policies are always printed somewhere on the coupons.

Customers can be assured they are not obtaining counterfeits if they get their coupons directly from newspapers or magazines, manufacturers or other legitimate coupon channel, including Internet sites.

Things to look for to avoid phony coupons:

— The dot-scan bar below the expiration date on Internet coupons.

— Coupons printed on photocopy, plain white, photographic or card stock and coupons with fuzzy images or misspelled words.

— Unusually long expiration dates.

— Coupons sent to you in electronic format by someone other than a manufacturer or its authorized representative.

— Coupons with printing on only one side.

— Multiple coupons for the same product with identical PINs.

Professional Enhancement (held over The End Zone)

March

Today	9 a.m. - noon	EPR for Reviewers
Wednesday	9 a.m. - noon	Writing Resumes

April

Apr. 4	9 a.m. - noon	Writing Military Decorations
Apr. 5-7	All day	NCOPE (for Staff Sgts.) — sign up through first sergeant
Apr. 6	7:30 a.m.	Right Decision
Apr. 11	1 - 4 p.m.	EPR for Authors
Apr. 12	9 a.m. - noon	Basic Counseling
Apr. 14	8:30 - 9:30 a.m.	Commissioning Opportunities
Apr. 14	9:45 - 10:45 a.m.	Commissioning Opportunities
Apr. 17	2 - 4 p.m.	Enlisted Assignment Process

To sign up for classes or for more information call Senior Master Sgt. Jill Helm at 784-7041 or send an e-mail to jill.helm@cannon.af.mil.

Join a sport, stay active, support your squadron



Cannon Women's Softball Team tryouts

Active duty and retired personnel, dependents over the age of 18, and DoD and NAF employees are eligible for tryouts at 4:45 p.m. Monday through Wednesday. For more information call 784-2747.

Intramural indoor soccer

Anyone interested in playing should contact their squadron sports representative or call the fitness center at 784-2466 no later than April 3.



Cannon dart league

Anyone interested in playing darts in a professional league should come to The End Zone Sundays at 6:30 p.m. The Cannon Dart League is run by the American Darters Association and competes at the Military Cup Challenge in Las Vegas in August. For more information call Master Sgt. Glen Pugh at 784-2714.





NEWS

Fire burns 100 acres, singes Altus community

By Airman 1st Class Aldric Borders
97th Air Mobility Wing Public Affairs

Altus Air Force Base, Okla. and local firefighters worked together to battle a grass fire that con-

sumed about 100 acres, March 12.

Local officials say dry conditions and high winds resulted in several grass fires in the area, including one at the southeast corner of the base.

The base suffered minimal fire damage to grass and brush at its perimeter and no injuries were reported.

Five fire-fighting units from neighboring towns along with Air Force firefighters, were able to subdue the flames at the perimeter of Altus' south entrance gate, according to Col. Keith Moncrief, the 97th Mission

Support Group commander.

As a precaution, base officials evacuated more than 300 dormitory and base housing residents to the base physical fitness center.

After the brunt of the blaze was subdued Sunday evening, the Altus and local authorities' fire departments continued their efforts throughout the night.

"We continued to put down extra water on hot spots to prevent any more flare ups," Colonel Moncrief said.

"There was great teamwork and cooperation between civilians and military," the colonel said. "We appreciate the open lines of communication with the community."

Col. Keith Moncrief

"There was great teamwork and cooperation between civilians and military."

— 97th Mission Support Group commander



COURTESY PHOTO

Firefighter Airman 1st Class Thomas Mix from Altus Air Force Base, Okla., takes a break from fighting a fire on the base Sunday. The blaze consumed more than 100 acres near the base's south entrance gate.

Joint country rescue saves stranded scuba divers

By Master Sgt. Adam Johnston
18th Wing Public Affairs

Thanks to the combined efforts of Airmen from Kadena Air Base, Japan and local Japanese responders, two scuba divers were rescued early Monday morning following a five-hour search and rescue operation.

The two scuba divers — a local Okinawan and a U.S. Marine — were found clinging to the bottom of an 80-foot cliff in Okinawa as rain and 15-foot waves relentlessly pounded away at them.

"It was definitely a highly technical and dangerous rescue operation," said 2nd Lt. Timothy James, a combat rescue officer with Kadena's 31st Rescue Squadron. "It just goes to show that if U.S. and Japanese forces work together, there is nothing that can't be accomplished."

Six hours before their rescue, the wayward divers had helped two others get to safety on a similar cliff ledge at Maeda Point — a popular dive site. Although they had helped save other divers, the would-be rescuers became victims of the rough surf and weather.

Before Air Force rescuers were called, nightfall and hypothermia had

set in and the two divers simply hung on in the dark.

Japanese Coast Guard helicopters, searching for several hours, had already withdrawn because of the limitations created by the setting sun.

Within 40 minutes of the call, Airmen from the 718th Aircraft Maintenance Squadron at Kadena had an HH-60 Pave Hawk helicopter ready to carry four aircrew and two pararescuers into the night.

Wearing night-vision goggles, Airmen from the 31st and 33rd Rescue Squadrons arrived on scene at approximately 8:30 p.m.

While the Airmen flew flight patterns over the area trying to locate the two divers, they coordinated with Japanese rescuers on the ground. The local rescuers suspected a cave in the area and spotlighted it for the U.S. aircrew.

"We flew over the site and got visual confirmation of the two," said Lieutenant James. "They were lodged in a hole just above the point where 15- to 20-foot waves were crashing into the side of the cliff."

The first attempt at rescue came from the air.

Using a winch, the crew tried low-

ering pararescuemen Staff Sgt. Mark Molnar from the helicopter to the survivors.

That didn't work.

Winds were too strong. And the two divers were clinging too close to the cliff.

The aircrew instead lowered both pararescuemen to the cliff top.

The second rescue attempt had Lieutenant James rappelling down the wet cliff face using a winch system anchored to the ground above.

"Once I was there, I assessed the survivors and they were without injuries," Lieutenant James said. "They had a few minor cuts and scratches, but were showing the signs of hypothermia."

Taking the brunt of the 15- to 20-foot waves pounding against the side of the cliff and himself, Lieutenant James said he hooked the first survivor into a harness and used "chem" lights to signal to Sergeant Molnar and the Japanese team atop the cliff to start pulling.

The rough exterior of the cliff gave the topside crew difficulty. "It took a while for the team to figure out how to effectively pull us up," Lieutenant James said. "We were finally raised to a ledge that was about 30

feet above the cave."

At this point the two scaled the remaining 50 feet on their own.

After the ground crew took time to readjust the hoist system, the lieutenant was again lowered to the second survivor.

"This time the system was working much better and the rescue team was able to pull us up much quicker," he said.

The two survivors were handed off to Japanese fire and rescue crews on site at approximately 1:30 a.m. Monday, and transported to local hospitals for observation. Both were released later that morning.

But the divers weren't the only ones who sustained minor injuries.

"Both of my guys were beaten against the coral cliffs by the crashing waves to the point it shredded their dry suits and booties," said Lt. Col. Chuck Metrolis, 31st RQS commander. "They also had equipment ripped from their bodies during this rescue."

But despite the danger, Lieutenant James said the rescue was a success and a team effort by a variety of agencies.

"It was nice to see how smoothly we worked together," he said.

